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U.S. GOLFER PHIL MICKELSON MAKES A DAZZLING SURGE FROM BEHIND TO WIN HIS FIRST BRITISH OPEN

PAGE 18

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YOU'VE BEEN PINK'D!

A runner taking part in the first Color Me Rad run in Winnipeg on Saturday and Sunday is blasted with pink corn-starch bombs near the finish line of the five-kilometre track winding through the Red River Exhibition Park. A portion of the proceeds will go to Camp Manitou. SHANE GIBSON/METRO

Teen dead after drunken fight with cousin

Pair agreed to fight after argument. Police call case 'sudden-death investigation'

SHANE GIBSON
shane.gibson@metronews.ca

Police are awaiting autopsy results to decide if they will charge a 19-year-old man in the death of his cousin after the two got into what cops are calling a "mutually agreed upon" fight while drinking in the Maples over the weekend.

Emergency crews were called to a home in the 100 block of Bondar Bay at about 1 p.m. Saturday. There they found a 19-year-old Winnipeg man who was unresponsive. The victim was taken to hospital where he was pronounced dead.

Police spokesperson Const. Jason Michalyshen said on Sunday that investigators have learned the victim and his cousin got into an argument while partying with friends and family the night before.

"It's very, very unfortunate," he said. "They agreed to have a physical altercation. Our victim did sustain an injury, was assisted back to the residence and put to bed."

Michalyshen didn't elaborate on how the victim was injured, but did say no weapons were used.

Police are working with the Crown to determine if charges will be laid and what those charges will be pending the autopsy results, which are expected in the next few days.

"There's some uniqueness to this particular incident and there's some complexities as well," Michalyshen said. "Until we are comfortable with all the information brought forward, we're certainly not going to guess or speculate what the outcome will be."

Still under investigation

"Is there a chance that we'll move forward with charges? Sure, there's a chance. Is there a chance no charges will be laid? There's always that possibility, as well."

WPS spokesperson Const. Jason Michalyshen

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HAWKISH HERO WORSHIP

WHAT'S GOOD
Ace Burpee

Meeting your "hero" can potentially be awesome. In doing so, however, you also run the risk of having your ideas on what you've made this hero out to be in your head come crashing down.

Last week I got to meet and have a real conversation with one of my favourite people ever, Tony Hawk. I don't just like Tony Hawk — I revere him. If I had a list of people I'd like to meet in my lifetime, he would have been No. 1 and 1a. I've skateboarded all my life, and for the duration of said life, Hawk has been ... well, he's been Tony Hawk.

He's my Beatles.

So, while I was admittedly a bit nervous to talk to him, which I concede is at least a little bit weird at my age, I was beyond stoked to find that Tony Hawk was exactly what I hoped he would be. Nice, humble, no pretension, chill and cool in the super non-cool way Tony Hawk is cool.

You know how you think you know people just from following whatever profession it is that made them famous? This was that. It was like talking to an old friend. Hawk is the best, and now I know it as fact.

When you meet someone you revere ... you walk away either disappointed or delighted, rarely with indifference. I liked Tony Hawk before I met him — now I like him more. And forever will.

ACE BURPEE IS A LOCAL WRITER, RADIO-SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD.

Maybe don't take the folks. Cringe Festival?

The Winnipeg Fringe Theatre Festival went on the defensive this weekend after a CBC reviewer dumped on a show in this year's lineup that reportedly included three mayonnaise enemas and an all-too-realistic fellatio scene.

In a release on Saturday, the festival said it has spoken to the producing company behind Hollywood Hen Pit and have confirmed that the fellatio scene — an act that would be illegal on stage in Winnipeg if true — had been simulated by the show's two nude male actors.

"We don't tolerate anything illegal on stage, or anything that puts the audience at risk," said Fringe executive producer Chuck McEwen.

The release made no mention of whether or not the enemas had been simulated.

The fellatio scene had reportedly been cut from the show Sunday, but by all accounts, the enemas were still very much part of the performance. **METRO**

Winnipeg. Police charge two women in boozy strong-arm robbery

Two women are facing charges after they allegedly assaulted and tried to rob a woman of booze she'd just bought at a liquor store in the North End Saturday.

The 26-year-old victim was standing outside the liquor store in the 1000 block of Main Street just before 6 p.m. when two women approached.

While one woman asked for a cigarette, the second allegedly physically assaulted the victim and tried to make off with her liquor.

The suspects fled empty-handed when a passerby stopped to help the victim, but were caught a short time later near Main Street and Selkirk Avenue.

Tia Hudson, 18, and Maxine Carpenter, 28, have both been charged with robbery.

METRO

Mystery of missing Bell of Batoche revealed

Bell ringer. Man returns Métis relic to Saskatchewan after more than a century

The long-standing mystery surrounding the whereabouts of the Bell of Batoche is no more, after the Métis man from Manitoba who stole it more than 20 years ago came forward and told his story this weekend.

Billyjo Delaronde shared his tale with thousands at a mass held at Batoche before giving the bell back to the Catholic Diocese of Prince Albert on Saturday.

"It was Métis Mission Impossible," Delaronde said of the caper that saw him and four others lift the cultural relic from a Millbrook, Ont., Canadian Legion hall in 1991. "I believe I repatriated the bell. There was no intention of ever stealing the bell from them, because it was ours."

The bell, cast in solid silver and standing about 30 centimetres tall, had originally been seized from Batoche's church as a trophy of war by federal troops who put down the Northwest Rebellion of 1885. It was brought east and eventually ended up at the Millbrook legion.

Delaronde said he and his accomplices hatched the plan — which saw some of the men create a distraction by spilling a pouch of tobacco — on a "gentleman's dare," determined to get the relic back.

Robert Doucette, president of the Métis Nation of Saskatchewan, said hearing the bell brought tears to his eyes.

"For the first time I really felt a lot of the unity that has been missing was there today," he said. **THE CANADIAN PRESS**

Billyjo Delaronde, dubbed the Keeper of the Bell, looks on as The Bell Of Batoche is officially displayed during Back to Batoche Days in Saskatchewan.
LIAM RICHARDS/THE CANADIAN PRESS

Megadeth set to thrash the 'Peg

Rust in Peace.

Thrash pioneers bring 'unlikely metal mashups' to the MTS Centre

JARED STORY
winnipeg@metronews.ca

Winnipeg metal fans will see worlds collide when legendary thrashers Megadeth take to the stage at the MTS Centre Monday night.

The band's 14th studio album — Super Collider — features some unlikely metal mashups, including the Southern-influenced, slide guitar song The Blackest Crow.

"I played slide guitar on a song in a band I was in before I joined Metallica," said vocalist/guitarist Dave Mustaine, who formed Megadeth in 1983 after being booted from Metallica.

"We were doing a party for some bikers and they wanted to hear some biker songs and what's a more obvious biker song than Montrose's Bad Motor Scooter? It starts off with some slide, so I learned how to play it a little bit, but I hadn't done it since then."

Mustaine says he and late Metallica bassist Cliff Burton listened to a lot of Lynyrd Skynyrd back in the day.

Super Collider is the second album to feature bassist David Ellefson since he rejoined Megadeth in 2010 after an eight-year absence.

In 2004, Ellefson sued Mustaine, claiming Mustaine backed out of a deal to turn Megadeth Inc. over to him when the band broke up in 2002.

Mustaine told Metro that's all water under the bridge.

"My decisions forced me to starve and David chose to starve with me," he said, referring to the very early, destitute days of Megadeth.

"You have to ask yourself, 'What makes a person see something in another person and decide to starve with them?' I could never hold a grudge against him. He's my little brother."

Also on the bill...

Megadeth's Gigantour 2013 hits the MTS Centre Monday night. Black Label Society, Device, Hell Yeah, Newsted and Death Division are also on the bill. Tickets are $87.50, $81.25, $50.50 and $39.25 at Ticketmaster. Doors open at 4:30 p.m.

Metal legends Megadeth are playing the MTS Centre Monday as part of their Gigantour 2013 tour. MYRIAM SANTOS/FOR METRO

New production of Les Misérables promises something different

Genevieve Leclerc plays Fantine in the 25th anniversary production of Les Misérables, which takes to the stage at the Centennial Concert Hall in Winnipeg from Tuesday to Sunday. KYLE FROMAN/FOR METRO

It's a tale of revolution, and when Les Misérables returns to Winnipeg this week audiences are being told to expect a revolutionary production of the world's longest-running musical.

"It's more immediate and raw — it's gritty," said Quebecer Genevieve Leclerc, who plays Fontaine in the latest production featuring all new staging and scenery inspired by the paintings of Victor Hugo. "A lot of people might not know he was a painter, but he was, and his work is beautiful.

"Everyone who saw the original production will be blown away by the new sets."

Gone from the new production, launched to celebrate the production's 25th anniversary, is the old turntable set, and instead Hugo's paintings of Paris are projected into the background.

"It has been so exciting to draw inspiration from the brilliant drawing and paintings of Victor Hugo himself," said producer Cameron Mackintosh in a release. "The new Les Miz is a magnificent mix of dazzling images and epic staging, driving one of the greatest musical stories ever told."

There's also new orchestration, direction and lighting, but Leclerc said the most important element — the tale itself and songs like I Dreamed a Dream, One Day More, and Master of the House — have stayed the same.

"It's a timeless story," she said. "Nobody wants to mess with a good thing."

The anniversary production has travelled around the world and will wrap in Las Vegas after moving to Minneapolis following Winnipeg's shows.

SHANE GIBSON/METRO

LesMis.com

Tickets start at $35 through Ticketmaster and more information, including a sneak peek of the show, is available at LesMis.com.

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Cleveland police ID suspect in murders of three women

Serial killings.
No more bodies found after day-long search of houses sparked by suspect's comments

Authorities who responded to a report of a foul odour and found the bodies of three women in a low-income U.S. neighbourhood ended a day-long search without finding others. A registered sex offender was in custody.

East Cleveland Police Chief Ralph Spotts had warned searchers to be prepared to find one or two more victims Sunday, but he declined to elaborate.

The discovery was the Cleveland area's latest high-profile case of missing women. Earlier this year, three women in an unrelated case were found and freed after being held captive in a home for years.

Spotts identified the suspect as 35-year-old Michael Madison and said he was expected to be formally charged Monday.

Mayor Gary Norton said the suspect indicated he might have been influenced by Cleveland serial killer Anthony Sowell, who was convicted in 2011 of murdering 11 women and sentenced to death.

In this latest case, one body was found Friday in a garage. Two others were found Saturday — one in a backyard and the other in the basement of a vacant house. The three female bodies, all wrapped in plastic bags, were found about 200 metres apart, and authorities believed the victims were killed in the last six to 10 days.

Spotts said the suspect's comments hadn't provided clarity on whether more bodies might be found.

"He really hasn't stated that there's any more, but he hasn't said anything that would make us think that there's not," Spotts said.

THE ASSOCIATED PRESS

Copycat killer?

"He said some things that led us to believe that in some way ... Sowell might be an influence."

East Cleveland Mayor Gary Norton, on the murder suspect's possible connection to convicted Cleveland serial killer Anthony Sowell.

East Cleveland residents gather outside an abandoned house to help search for more bodies on Sunday. Police Chief Ralph Spotts told volunteers he believes there could be one or two more victims. TONY DEJAK/THE ASSOCIATED PRESS

Vanishing women

A disturbing trend in a quiet city

It's the third recent high-profile case in the Cleveland area that involves missing women.

In May, three women who separately vanished a decade ago were found captive in a run-down house. Ariel Castro, a former school-bus driver, has pleaded not guilty to nearly 1,000 counts of kidnap, rape and other crimes.

In 2009, Anthony Sowell was arrested after a woman escaped from his house and said she had been raped there. Police found the mostly nude bodies of 11 women throughout the home.

Sowell's victims ranged in age from 24 to 52. All were recovering or current drug addicts, and most died of strangulation; some had been decapitated, and others were so badly decomposed that coroners couldn't say with certainty how they died.

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News worth sharing.

An employee works at the General Motors Silverado and GMC Sierra plant in Flint, Mich. CARLOS OSORIO/THE ASSOCIATED PRESS

The rise and fall of the Motor City

Detroit. Collapse of the auto industry tells only half the story

Blue-collar workers poured into the auto plants of Detroit for generations, confident that a strong work ethic would bring them economic security. It was a place where the American dream came true. But the good times would not last forever.

Detroit fell into a six-decade spiral of job losses, shrinking population and a plummeting tax base. Its singular reliance on an auto industry and its long history of racial strife proved too much to overcome.

"Detroit is an extreme case of problems that have afflicted every major old industrial city in the U.S.," said Thomas Sugrue, author of The Origins of the Urban Crisis: Race and Inequality in Postwar Detroit and a history professor at the University of Pennsylvania.

Staggering under as much as $20 billion in unpaid bills, Detroit surrendered Thursday, filing the single largest municipal bankruptcy in U.S. history.

In 1950, Detroit's population peaked at more than 1.8 million. But by that time, the auto industry had started to seek refuge from Detroit's powerful unions in other states and overseas. The job hemorrhaging continued as Japan gobbled up more of the market.

But Detroit's unravelling can't be blamed solely on the city's reliance on one industry.

"I think it was inevitable because the politicians in Detroit were always knocking the can forward, not confronting the issues, buying off public employees by increasing their pensions," said Daniel Okrent, who wrote a Time magazine story on his home city in 2009.

Racial strife also infected the city. Tens of thousands of blacks migrated to Detroit in the late 1940s and early 1950s, seeking a foothold in the middle class. And between 1945 and 1965, Sugrue says there were more than 200 racial incidents of whites attacking blacks.

The migration of blacks into Detroit was followed by an exodus of white residents.

"The racial divisions between the city and the suburbs ... (created) an us vs. them mentality," Sugrue said. "There's very little political will ... by suburbanites ... to provide financial support." THE ASSOCIATED PRESS

Forever lost

"I don't think it'll ever come back to the city it once was. The bankruptcy is not in itself a solution."

Kevin Boyle, a Detroit native and history professor at Northwestern University

After the white exodus

83%

Detroit's current population of roughly 700,000 is about 83 per cent black.

Belgium

King crowned in a nation divided

Belgians shouted "Long live the king" Sunday to welcome their new monarch to the throne.

But several legislators from northern Flanders boycotted King Philippe I's coronation, highlighting long-standing feuding between the nation's six million Dutch-speaking Flemings and 4.5 million Francophones.

THE ASSOCIATED PRESS

Economic action plan

Three out of 2,000 followed ads to website: Survey

Slick TV ads this year for the Harper government's "economic action plan" appear to be inspiring a lot of, well, inaction.

A survey of 2,003 adult Canadians completed in April identified just three people who actually visited actionplan.gc.ca, the site created to promote the brand.

THE CANADIAN PRESS

Cabinet shuffle

Aglukkaq to add eco credibility?

The Prime Minister's Office is eager to explain why Leona Aglukkaq, an Inuk from Nunavut, is now leading Environment Canada,

"The appointment of a minister ... from the North, a region susceptible to climate change, speaks volumes about our government's commitment to the environment," spokeswoman Julie Vaux wrote to The Globe and Mail.

THE CANADIAN PRESS

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Syria. Russian leaders fear the return of extremists who left to fight in civil war

The leader of a restive province in Russia's Caucasus Mountains says local Islamic militants are fighting alongside rebels in Syria and could further destabilize their home region when they return.

Ramazan Abdulatipov, the acting president of the province of Dagestan, wrote on his website Sunday that the "export of extremists" should be prevented by making it hard for militants to leave Russia.

"These people go there and they will come back tomorrow with the backing of international extremist and terrorist organizations," Abdulatipov said during a meeting with local officials Friday.

Andrei Konin, the head of the regional branch of Russia's Federal Security Service — the main KGB successor agency — told the meeting that many people from Dagestan go to Syria for studies but end up in rebel ranks for what they consider a holy war. THE ASSOCIATED PRESS

Syria

Social media hack may expose rebels

Syrian state television claims that a pro-government group has hacked into two social messaging networks.

Such a hack could expose Syrian rebels and other activists who depend on the networks to publicize army crackdowns and communicate with each other. Landlines and cellphones are believed to be tapped in Syria.

State TV says the social networking site Tango was the latest victim of the Syrian Electronic Army, a group that supports President Bashar Assad. THE ASSOCIATED PRESS

Over 100 cities cry, 'Justice for Trayvon'

Outrage. Protesters demand civil-rights charges, an end to stand-your-ground

Crowds chanted "Justice! Justice!" as they rallied in dozens of U.S. cities Saturday, urging authorities to change self-defence laws and press federal civil-rights charges against a former neighbourhood watch leader found not guilty in the shooting death of an unarmed black teenager.

The National Action Network, led by the Rev. Al Sharpton, organized the "Justice for Trayvon" rallies and vigils on Saturday outside federal buildings in more than 100 cities one week after a jury acquitted George Zimmerman in the February 2012 shooting death of 17-year-old Trayvon Martin in Florida.

Stand-your-ground

Despite an outcry from civil-rights groups, a call for close examination by the president and even a 1960s-style sit-in at the Florida governor's office, there is unlikely to be change to any of the stand-your-ground laws in the U.S.

- Zimmerman didn't invoke stand-your-ground in court, though the judge did allow jurors to consider it in his defence.

In addition to pushing the Justice Department to investigate civil-rights charges against Zimmerman, Sharpton told supporters in New York that he wants to see a rollback of stand-your-ground self-defence laws. THE ASSOCIATED PRESS

Jaquin Nelson, 6, participates in a "Hoody Sabbath" in New Orleans. GERALD HERBERT/THE ASSOCIATED PRESS

Charge it! Cost of 'premium' credit cards could rise

Competition Tribunal. Visa, MasterCard decision may mean those with certain cards could pay more, be rejected by merchants

A ruling expected this week on a complaint against Visa and MasterCard could significantly change how consumers use credit cards in Canada.

The federal Competition Tribunal is set to issue a decision Tuesday on whether rules imposed on merchants by the credit card giants are too restrictive.

Striking down the rules could allow merchants to either reject certain cards that offer incentive points, or charge consumers more for using them.

Under the current rules, merchants are required to accept all Visa and MasterCard offerings, but are prevented from charging an additional fee to those who pay with so-called premium cards, which come with higher costs.

Canada's Commissioner of Competition filed a formal complaint with the tribunal in May 2012, accusing Visa and MasterCard of engaging in anti-competitive behaviour.

Consumers have been forced to pay an estimated $5 billion worth of hidden fees each year as a result, the complaint says.

"Without changes to the rules, merchants will continue to face high costs for accepting credit cards, and all consumers, even those who use lower-cost methods of payment like debit or cash, will continue to pay higher prices," commissioner Melanie Aitken said in a statement at the start of hearings. THE CANADIAN PRESS

Cost of doing business

2.65%

For merchants, credit card interchange fees range from a low of 1.54 per cent for accepting a basic card to as high as 2.65 per cent for "premium" cards that offer cardholders travel points or other incentives. Consumers could soon face retailer surcharges for using premium cards, warns the Canadian Bankers Association.

Sweet Georgia ... blueberry?

What is the most valuable fruit crop in the Peach State? While Georgia is famous for its peaches, blueberries are the state's most lucrative fruit crop. Blueberries brought in about $94 million for Georgia growers in 2012, compared to $30 million for peaches. JAIME HENRY-WHITE/THE ASSOCIATED PRESS

Looking to Halifax

Young workers taking note of barista union fight

Coffee-shop workers in Halifax are leading a push to unionize in what could serve as a model for baristas elsewhere in Canada, one national union says.

In recent months, employees at one café joined a union and workers at two others have launched efforts to do the same.

"I've been taking calls from colleagues and co-workers across the country who've been following this trend in Halifax very closely and looking at it as a model for talking to young workers in other cities," Tony Tracy, Atlantic representative for the Canadian Labour Congress.

Labour organizing in the service industry has been traditionally low for both ideological and economic reasons, said David Doorey, a professor of labour and employment law at York University in Toronto. THE CANADIAN PRESS

Speech therapy in a flash — no cards needed

University of Regina graduate Robert Harrison is making waves in the technology world as the brainchild behind two new apps designed to assist young students grappling with severe speech issues.

With his speech therapist wife, Harrison recently completed work on the SpeakColors and SpeechCards applications, both of which have become available at the Apple App store.

"Both (apps) are designed for helping children improve their speech and language skills — particularly children with autism, Down syndrome and special needs," Harrison, a resident of San Diego, Calif., told Metro.

Operating much like traditional flashcards, the apps provide audio recordings correctly pronouncing certain words, complete with visual cues.

Students are also able to record themselves pronouncing the words, which allows teachers and speech therapists to conveniently chart growth.

"This is very revolutionary for speech therapists because they don't have to carry around a bag of (flashcards)," said the 33-year-old software developer.

"They only have to go into a therapy session with just an iPad, and all the information is contained right in that device."

Originally from Cambi, Sask., Harrison moved to Regina to attend school in the late 1990s.

After receiving a bachelor's degree in computer science, he completed a master's degree in electronic systems engineering at the U of R in 2008 before going to Calgary for work.

Harrison's job soon took him south to San Diego, where he met his wife and decided to strike out on his own — investing about $20,000 of his own money to develop the apps.

The reception from app users has been positive, Harrison added.

"We've had really great feedback," he said. "We've had quite a few (positive) reviews."

MARCO VIGLIOTTI/METRO IN REGINA

University of Regina alumnus Robert Harrison, on a visit to Regina from his home in southern California, displays one of the two speech therapy apps he created. MARCO VIGLIOTTI/METRO IN REGINA

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Colin Fast
winnipeg@metronews.ca

For the past half-century, Winnipeg has been trying to draw more residents downtown. We've built shopping malls and museums, redeveloped rail yards and old department stores, and spent countless dollars on signs and streetscapes.

Presently, the list of downtown destination projects includes the Canadian Museum for Human Rights, the expanded convention centre, and the creation of the Sports, Hospitality, Entertainment District (SHED) around MTS Centre.

And as of last week's council meeting, we also have the downtown bribery scheme (official name: Downtown Residential Development Grant Program), which will pay people $10,000 to take up residence in empty condos in the Exchange District.

But if city councillors are so desperate to have people live downtown — and to be fair, they should be — then rather than simply throwing more money at the problem, maybe they should try doing it themselves for a while.

The reality is that most councillors don't live anywhere near downtown, and their experiences in the area are limited to working at city hall or attending the odd meeting or event at a downtown venue. Oh, and I guess we know from their expense reports that most are quite familiar with the downtown culinary scene, too.

But while it's nice to be a visitor, it's not the same as living in the area on a regular basis.

A couple of years ago I had occasion to stay in the East Exchange for several months, and it was a real educational experience from an urban living perspective.

I learned concerns over where to buy groceries are real, though the lack of anywhere to grab a bag of chips or a cup of coffee in the evening was even more annoying.

I learned how difficult it can be to have guests visit when theatre-goers have snapped up every available metered spot within blocks.

I learned that maintaining a sense of safety in the area is a real challenge. While Stephen Juba Park is a great place to walk during the day, a small bit of rustling in the trees was enough to send me scurrying back to the street at night.

I learned the Downtown Spirit bus service is largely useless when it came to running errands.

And I learned that raising a kid downtown can actually be a pretty rewarding experience, filled with trips to the Manitoba Museum, The Forks or the Millennium Library. At the same time, you can't just pop into the backyard to throw a ball around anytime you want.

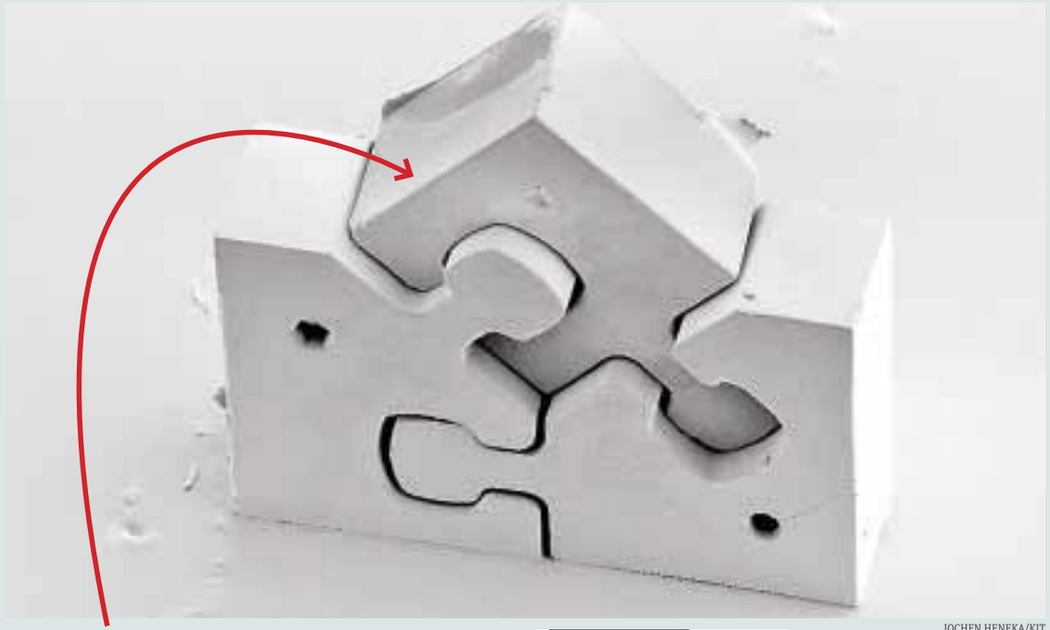
While I was aware of these conditions before living there, having the chance to be a temporary downtown resident certainly brought them all into much clearer focus.

So if there are so many empty condos in the East Exchange that city hall thinks it has to pay people to live there, maybe developers in the area should step up and offer accommodation so our civic leaders can get the true downtown experience for themselves.

Then they could speak about the challenges and opportunities of downtown living with an understanding that goes beyond what CentreVenture wrote in the latest briefing note.

ZOOM

We're left puzzled by its size



JOCHEN HENEKA/KIT

Jigsaw puzzle is world's smallest

This may not look like the most difficult puzzle to put together but you'll need a good magnifying glass and a steady hand to complete it.

This three-piece jigsaw — created by researchers at the Karlsruhe Institute of Technology in Germany — is the world's smallest puzzle, with each of the parts measuring less than one millimetre in size.

This puzzle was made to showcase a new process of making injection-moulds (used in everything from watches to jet engine parts). The technique enables engineers to "pop out" moulded objects as tiny as a half a millimetre in volume.

METRO

Other 3D feats

- In March 2012, researchers at the Vienna University of Technology created a 3D car in 240 seconds. The car's length was 1/1,000 — the width of a human hair.
- In May 2013, scientists made microscopic flower-like crystals — each flower smaller than the thickness of a bank note.

It's cost-cutting

Without the need for a substrate layer that would go to waste after the objects are made, this method is cheaper.

"LIGA2.X ensures higher degrees of freedom in the arrangement of structured mould nests," said Jochen Heneka of KIT's Institute of Microstructure Technology.

METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's plenty of us who use our mobile devices as our primary music players. If that mobile device happens to be a smartphone, then why not take these apps for a spin to introduce you to new sounds while you're at it?

Mixcloud

A Soundcloud competitor that takes direct aim at fans of electronic music, especially DJs who want to upload and share their own mixes. They've had some pretty lousy apps in the past but the newest version is a welcome overhaul. Or skip the app entirely and stream straight from the mobile site. (iOS, Android/Free)

Pocket Hipster

Set two music snobs loose upon your music library, just not with the intention of mocking your vanilla taste. Instead, the Pocket Hipsters are interested only in turning you on to new excellent bands that you may like based on your tastes. Or you can not listen to their suggestions. Whatever. Not like they care. (iOS/Free)

Audyssey Media Player

Now that your library is stocked up, use Audyssey to polish them to a shine. This fantastic app comes preloaded with optimum EQ settings for more than 200 headphones models, allowing listeners to squeeze as much sound quality as their cans will allow. It sounds a little high-concept, but it works beautifully. (iOS/$0.99)

Comments

RE: Cory Monteith's Cousin Talks Funeral Plans, Drugs, And Lea Michele, published online July 20

This guy seems like a fake or a family outsider who barely knew Cory.

His use of "reincarnated" and "horrified" don't even make sense...

It's obvious he only knows what's already been reported in the media and the family hasn't asked him to speak for them. So again, he sounds like a fool.

MPSmith posted to metronews.ca

He's no more a family spokesman for the Monteith family than I am. He is trying to make a career out of this tragedy. Please, no more press for this guy.

Dak1928 posted to metronews.ca

He threw it all away for drugs.

Snail posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

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Fresh faces at fest

Jim Rash a Comic-Con newbie

Jim Rash, co-star of TV's Community and co-writer/co-director of the Way, Way Back, seems like a natural fit for San Diego Comic-Con, but he's actually something of a Comic-Con newbie. "I'm a virgin — in a lot of ways," he says with a laugh.

"This is only my second year going, and my first year was just a short, very quick trip where it was the Community panel, a press day and then we got out of here," he says. "This is my first year I'm going to walk on the floor, so I feel like I can't speak to it too much because I'll be a virgin."

NED EHRBAR, MWN

Jim Rash, centre, with EW editor-in-chief Jess Cagle and Breaking Bad creator Vince Gilligan, at San Diego Comic-Con 2013. HANDOUT

Super sequel?

Superman, Batman join forces

Director Zack Snyder and Warner Bros. surprised the San Diego Comic-Con audience with some very big news at their Hall H panel presentation Saturday. In the sequel to Man of Steel, scheduled for release in the summer of 2015, Henry Cavill's Superman will be joined on-screen by Batman, Snyder announced. Cavill will return for the sequel, along with Amy Adams, Laurence Fishburne and Diane Lane, but the role of Batman — most recently played by Christian Bale — has yet to be cast. Christopher Nolan will once again serve as producer.

NED EHRBAR, MWN

Dane is living the dream

The Amazing Spider-Man 2. Dane DeHaan is the next Harry Osborn, taking the torch from James Franco. Here's what he has to say

NED EHRBAR
Metro World News in Hollywood

Dane DeHaan plays Harry Osborn in The Amazing Spider-Man 2. HANDOUT

Dane DeHaan made waves with the Comic-Con crowd as an antihero in Chronicle, and now he's upping his superhero game with the Amazing Spider-Man 2, out next year, in which he plays Harry Osborn — most recently portrayed by James Franco. So we had to ask if there were any other Franco roles he had in mind.

How has your Comic-Con experience been?
I shot a night shoot last night, got here at 8:30 in the morning, did some press with Metallica, and now here I am doing press for Spider-Man, so just another day (laughs). It's insane. The fact that I'm at Comic-Con doing press for Spider-Man is really, I don't know. I mean, certainly a dream come true, and if I try to think about it (it's) definitely an overwhelming thought. So I guess I'm just trying not to think about it.

How do you keep everything straight when you're working on so little sleep?
I only think about things as they're happening, I suppose. I don't try to get ahead of myself. I mean, I'm only technically working on one movie right now, and then I just have to talk about the other ones. I mean, once they're over I can talk about them. That's not really a problem.

For the Amazing Spider-Man 2, you're playing a part most recently played by James Franco. Are there any other James Franco roles you'd like to reinterpret?
Other James Franco roles? Gosh, there's just so many of them. I would like to host the Oscars. Does that count? I'd do a whole new thing. I don't know, maybe it would be fun to take a crack at James Dean — although really it would be terrifying. What other roles has he played that I want to play?

How about Spring Breakers?
I don't know. I think I'll let him have that one.

127 Hours?
Yeah, sure. Something like that. That would be fun.

Box office

The Conjuring scares up big ticket sales

Moviegoers were ready for a fright this weekend, sending The Conjuring into first place at the box office. According to studio estimates Sunday, the Warner Bros. haunted-house horror debuted with $41.5 million in domestic ticket sales, unseating the three-week champ, Despicable Me 2. The Universal film dropped to second place with $25 million. Fox's new animated offering, Turbo, opened with $21.5 million, good for third place. The Sony comedy Grown Ups 2 held onto fourth place in its second week of release, earning $20 million. Summit Entertainment's Red 2, which stars Bruce Willis and Helen Mirren as retired CIA operatives, debuted in fifth place with $18.5 million. The weekend's other new big release, the Jeff Bridges-Ryan Reynolds caper R.I.P.D., opened with a disappointing $12.76 million.

THE ASSOCIATED PRESS

Pegg's at war with himself over 'Star' franchises

Simon Pegg. HANDOUT

Much like Tim, the comic book geek he played on his British comedy series Spaced, Simon Pegg was clearly less than thrilled by the Star Wars prequels. Now that the franchise is being revived by his Star Trek boss, J.J. Abrams, Pegg admits he's feeling a bit conflicted.

"I had mixed emotions when I found out that J.J. was doing Star Wars," he tells us while promoting the World's End at San Diego Comic-Con. "My first thought was, 'Oh no, Dad's had another baby. It's like we're not the cute kid anymore, he's going to be playing with the baby now.' And then secondly I was like, 'Geez, it's going to be good. I'm going to have to like it again now.' I'd just gotten used to being OK with hating Star Wars, and now it's like, 'Oh no, I'm going to have to like it again!'"

As for his work with Abrams on that other science fiction franchise, Pegg has some interesting ideas about what adventures his character, Scotty, could have in a third Star Trek film — and co-star Zachary Quinto, who plays Spock, better watch his back.

More than anything, Pegg wants Scotty to "make out with Uhura," played by Zoe Saldana. "I'd like one of those arena-style fights with Spock, get a big kiss off Zoe. But inevitably, Zach would beat the s— out of me, as a lowly Scottish engineer," he says with a laugh. MWN

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Spit take: Justin Bieber did something awful again

STARGAZING
Malene Arpe
scene@metronews.ca

Loblaw buys Shopper's Drugmart. I really cannot decide if I'm more excited about President's Choice Black Label Tuscan Wart Remover or Life Brand Three-Cheese Mouthwash.

The band **Korn** is growing, yes, corn using a hydroponics system at their studio. "Hmmm..." says Meatloaf to himself and nods.

Justin Bieber allegedly spits in some DJ's face. Everyone should just calm right down. Clearly what happened is that Justin mistook the guy for a spittoon that a minimum-wage earner will be along to deal with later.

Rumour has it that **Kristen Stewart** is now dating **Michael Pitt**. It sounds like the perfect match. They both enjoy music, old movies and sneering.

Lindsay Lohan will earn some $2 million for an eight-part reality series on **Oprah**'s OWN. Not only that, but Lindsay will also get a stylist and two assistants. The money is in the bank. The stylist and two assistants will be on their way just as soon as someone loses the Play For A Chance Not To Be **Lindsay Lohan**'s Stylist and Two Assistants game.

Kanye West's new fashion line for A.P.C. features a $125 plain white T-shirt. "That's so cute. For an amateur," says **Gwyneth Paltrow** and goes back to the promotional material for her upcoming $70-tube sock collection.

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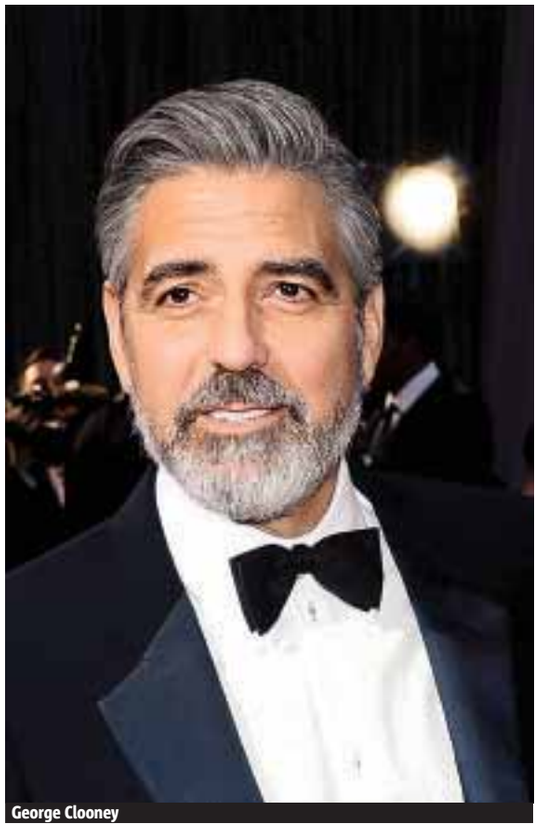


George Clooney

Longoria disputes George Clooney rumours

George Clooney reportedly tried and failed to woo Eva Longoria while he was still dating now-ex-girlfriend Stacy Keibler, according to Us Weekly.

The two stars spent time socializing at the Soho House in Berlin back in March "but did not hook up," a source explains. "George began pursuing Eva. He told her that he was still with Stacy but had plans to break up with her and was interested in being with Eva."

And apparently when Longoria politely turned down his offer, he "continued to pursue her with texts and calls. Eva made it clear to him that she would not date or be with him until he was completely single."

But not so fast, according to Longoria herself. The former Desperate Housewives star took to Twitter to dispute it.

"As interesting as the George Clooney rumours are, they aren't true. George and I have been friends for years," she said.

Twitter

@JoshRadnor
Probably no crime in San Diego tonight. Superhero on every corner. #ComicCon

@ElizabethHurley
What heaven to drive in London at 6 am on a Sunday. Zero traffic.

@Sethrogen
This Superman/Batman news is really gonna steal attention from The Lone Ranger/Green Hornet movie we were planning.

Kanye West. ALL PHOTOS GETTY IMAGES

Kanye has no love for the paparazzi

Kanye West's ongoing tensions with paparazzi boiled over this weekend when the rapper came to blows with a photographer outside of the LAX airport, according to TMZ.

It's unclear what spurred the altercation, but sources say West went after the "especially aggressive" photographer and tried to take away his camera, pulling him to the ground. West was no longer on the scene when police arrived. The photographer was taken to a local hospital to undergo X-rays on his hip, which he claimed he injured in the fight.

Jesse Tyler Ferguson

Keeping that family modern

Modern Family star Jesse Tyler Ferguson married boyfriend Justin Mikita in New York City this weekend, tying the knot in front of 200 friends and family, according to Us Weekly.

Guests included Ferguson's co-stars Julie Bowen, Ty Burrell and Eric Stonestreet as well as Zachary Quinto, Rebecca Romijn and Padma Lakshmi, among others.

Ferguson and Mikita have been dating each other two years.

Mother and sun

Protect yourself from being too hot a "hot mama"

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Summer travel means summer sun, and while moms are diligent about slathering their kids with sunscreen, plopping sunhats on their heads and wrestling shirts onto them, they need to remember a sunburn for themselves is just as harmful. At a minimum, sun damage causes wrinkles and sunspots. At worst, it can cause skin cancer.

Sunscreen is a must, even if you don't normally burn. Choose an appropriate SPF level and make sure it's waterproof if you plan on being in the water. Experts suggest you need about two tablespoons for full coverage, and you should reapply frequently.

Hats not only protect from sunburns, but also against heatstroke. Or, stay out of the sun completely by using a big umbrella to avoid being a real "hot mama."

Moms are diligent about protecting kids from the sun, but what about themselves? ISTOCK

Online

Motherhood has turned Mommy into the Worst Friend in the World. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.

Sing a little prayer for you: How a simple song could help preemies

Music therapy. Studies suggest the vibrations, soothing rhythms might benefit newborns who are too fragile to be comforted by hand

Study

Joanne Loewy led a study published last month in the journal Pediatrics. Therapists in the study played small drums to mimic womb sounds and timed the rhythm to match the infants' heartbeats.

- The music appeared to slow the infants' heartbeats, calm their breathing and improve sucking and sleeping, Loewy said.

Music therapist Elizabeth Klinger quietly plays guitar and sings for Augustin as he grips the hand of his mother, Lucy Morales, in the newborn intensive care unit at Ann & Robert H. Lurie Children's Hospital in Chicago. M. SPENCER GREEN/THE ASSOCIATED PRESS

As the guitarist strums and sings a lullaby in Spanish, Augustin Morales stops squirming in his crib and closes his eyes.

This is therapy in a newborn intensive care unit, and research suggests that music may help those born way too soon adapt to life outside the womb.

Some preemies are too small and fragile to be held and comforted by human touch, and many are often fussy and show other signs of stress. Other complications include immature lungs, eye disease, problems with sucking and sleeping difficulties.

Recent studies and reports suggest the vibrations and soothing rhythms of music, especially performed live in the hospital, might benefit preemies and other sick babies.

Many insurers won't pay for music therapy because of doubts that it results in any lasting medical improvement. Some doctors say music works best at relieving babies' stress and helping parents bond with infants too sick to go home.

But amid beeping monitors, IV poles and breathing tubes in infants' rooms at Chicago's Ann & Robert H. Lurie Children's Hospital, music therapist Elizabeth Klinger provides a soothing contrast that even the tiniest babies seem to notice.

"What music therapy can uniquely provide is that passive listening experience that just encourages relaxation for the patient, encourages participation by the family," Klinger said after a recent session in Augustin's hospital room.

The baby's parents, Lucy Morales and Alejandro Moran, stood at the crib and whispered lovingly to their son as Klinger played lullabies.

"The music relaxes him; it makes him feel more calm," Morales said. "Sometimes it makes us cry."

More than two dozen U.S. hospitals offer music therapy in their newborn intensive care units and its popularity is growing, said Joanne Loewy, who directs a music and medicine program at Beth Israel Medical Center in New York.

Preemies' music therapy was even featured on a recent episode of American Idol, when show finalist Kree Harrison watched a therapist working with a tiny baby at Children's Hospital Los Angeles.

"Music is such a huge part of our lives and to do something like this, make it a sort of healing process, is a cool thing," Harrison said.

THE ASSOCIATED PRESS

Gelatin: not just for snack time anymore

A negative image, left, and a positive is shown. KRISTEN SUTCLIFFE/NEW HOUSE PROJECT/THE ASSOCIATED PRESS

One crafting idea that may amaze kids of all ages is gelatin printing. This low-tech craft uses: a pan of gelatin, ink, paper, an ink brayer and a collection of leaves. That's it.

1. In a large pot, bring 5 cups of water to boil, then whisk in gelatin, one packet at a time, avoiding clumps. Pour mixture onto baking sheet and allow to cool and set.

2. To print, pour a small amount of ink onto the plate; use the brayer to fully cover the gelatin with ink. Place leaves on the ink-covered gelatin. Place your paper or fabric on top; rub.

3. Remove the paper or fabric: This is your first print.

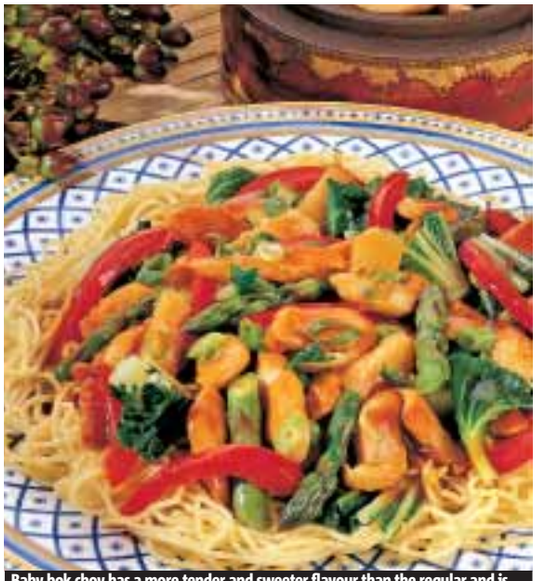
4. Carefully remove leaves from the baking sheet and place a new piece of paper or fabric over the ink and rub; remove. This provides the positive print.

5. Re-ink the gelatin to make additional positive and negative prints. THE ASSOCIATED PRESS

Ingredients

- 5 cups water
- 8 1/4-ounce packet gelatin
- 9x13-in baking sheet w/ edges
- Printing ink
- Paper plate
- Printmaking brayer
- Assorted leaves
- Paper or fabric

Chicken and asparagus can help cause a stir-fry at dinner



Baby bok choy has a more tender and sweeter flavour than the regular and is readily available. MARK SHAPIRO/ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

A stir-fry is a quick one-pot dish. Serve it alongside some rice and you have the perfect meal.

1. In bowl, whisk together stock, oyster sauce, vinegar, honey, soya sauce, cornstarch, garlic and ginger; set aside.

2. In a nonstick skillet or wok sprayed with vegetable spray, stir-fry chicken strips for 3 to 4 minutes, stirring constantly, or until just cooked at centre. Remove chicken from skillet.

3. Heat oil in skillet over high heat. Add asparagus and red pepper strips and stir-fry for 3 minutes, stirring constantly, or until tender-crisp. Add bok choy and water chestnuts and stir-fry for 1 minute or until bok choy wilts. Stir sauce again and add to wok along with chicken strips. Cook for 2 minutes or until thickened slightly. Garnish with green onions.

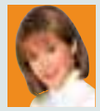
Ingredients

- 3/4 cup chicken stock
- 3 tbsp oyster sauce
- 1 1/2 tbsp rice wine vinegar
- 2 tbsp honey
- 1 tbsp soya sauce
- 1 tbsp cornstarch
- 1 1/2 tsp minced garlic
- 1 1/2 tsp minced ginger
- 12 oz skinless, boneless chicken breast, cut in thin strips
- 2 tsp vegetable oil
- 2 cups asparagus cut into 1-inch pieces
- 1 cup sliced red peppers
- 4 cups sliced baby bok choy
- 1 cup water chestnuts
- 1/2 cup chopped green onions

ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Healthy eating

Choose it and lose it



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Access your inner Colonel with this top-notch chicken

Inspired by a recipe by celebrity chef Tyler Florence, this is a great fried chicken to make for yourself at home, just in case you're unable to make it out to Florence's restaurant any time soon. MATTHEW MEAD/THE ASSOCIATED PRESS

1. To poach the chicken, in a large saucepan, combine broth, rosemary, peppercorns and salt. Bring to a bare simmer, then add chicken thighs. Return to a simmer, then cover and cook for 15 to 20 minutes, or until the meat reaches 165 F.

2. Meanwhile, in a food processor, combine flour, sage, rosemary, garlic powder, thyme, salt and pepper. Process until seasonings are finely ground. Transfer mixture to a gallon-size plastic bag. Place panko in a second gallon-size plastic bag.

3. Once chicken has finished poaching, transfer thighs to a cutting board. Let cool until easily handled, then pat dry.

4. Place buttermilk in a wide, shallow bowl and beaten eggs in another similar bowl.

5. One at a time, soak each thigh briefly in buttermilk then remove, shaking off excess, and place in bag with flour mixture. Gently shake to coat. Remove thigh from mixture, then dredge though eggs. Remove thigh, shaking off excess, then place in bag with panko. Gently shake to coat.

6. Set breaded chicken thigh on a rimmed baking sheet. Repeat with remaining thighs.

7. When ready to fry, heat oil in a large, deep saucepan over medium-high heat to 400 F. You'll need an instant thermometer to monitor the temperature. Heat oven to 200 F. Once oil reaches temperature, carefully set 2 thighs into the oil at a time and cook, turning once, for 10 to 15 seconds, or until golden brown. Use tongs to transfer fried chicken to a clean rimmed baking sheet and set in the oven to keep warm.

8. Allow the oil to return to 400 F, then continue cooking the chicken in batches.

THE ASSOCIATED PRESS

Ingredients

- 6 cups chicken broth
- 3 sprigs fresh rosemary
- 1 tbsp lightly crushed black peppercorns
- 1/2 tbsp kosher salt
- 3 lbs boneless, skinless chicken thighs
- 1 cup all-purpose flour
- 12 fresh sage leaves
- 2 large sprigs fresh rosemary
- 1 tsp garlic powder
- 2 tbsp chopped fresh thyme
- 2 tsp kosher salt
- 1/2 tsp ground black pepper
- 3 cups panko breadcrumbs
- 1 cup buttermilk
- 3 eggs, beaten with 1 tablespoon water
- 1 qt peanut oil

Found in translation: Working your way through the world of words

It's not all talk.
Becoming a translator takes more than a day spent with your dictionary

YLVA
VAN BUUREN
CareerBear.com

The words "translator" and "interpreter" are often used interchangeably — but they are actually two distinct careers requiring different skill sets and training. A translator translates written materials from one language into another. An interpreter works with the spoken word.

A translator doesn't simply change one word for the same word in a different language. Translators need to have exceptional writing skills, translating the mood, style, tone and attitude of the original document so the new work doesn't sound like a translation.

What will I be?

Career opportunities

- Employee at translation agency
- Translator for a company or non-profit organization
- Author's translator
- Government translator
- Self-employed

While much of the translation work done in Canada is from English into French and vice versa, the field is growing. Service Canada projected that until 2018 about 30 per cent of job openings for translators will come from the expansion of languages spoken here. ISTOCK

What does a translator's day consist of?

For the most part, you translate written material, which can include reports, emails, web copy, advertising materials, brochures, legal and business documents, literary works, textbooks, instructional guides and technical manuals. You are also reading, writing and referencing language guides, proofreading, and communicating with clients and colleagues.

Many translators have a B.A. in translation from a university. If you want to practise under the official title of Certified Translator, you must pass an exam from a provincial brand of the Canadian Translators, Terminologies and Interpreters Council.

Face the facts

- **SALARY EXPECTATIONS:** Average salary, $50k.
- **CAREER TRACKING:** Translators may start their careers doing casual work for small companies. But as they acquire expertise and skills, they will most likely be hired as a full-time translator. Eventually they may start their own translation business.
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Plug it in, plug it in. A connected work den that's distraction-free

Get a head start on the school year and begin building your homework haven today. ISTOCK

Where your kids complete their schoolwork and how you design this space can play a big role in their learning and productivity. More than ever, students have extra assignments to complete at home, so it's important for families to set up a connected homework space to ensure their kids have the tools to be successful.

"Creating a welcoming space that's comfortable and flexible can help your child establish good homework habits that will last a lifetime," says Stephanie Lancaster, tech advisor at Rogers.

"As with any good habit, starting early and staying consistent are key."

To help your children thrive when this school year comes around, here are some tips on creating a connected homework space:

• Set a daily time for homework. Depending on your family's schedule, the best time might be right after school or after dinner.

• Gain access to a secure Wi-Fi home network. Printing documents or saving presentations on an external drive is easier when all of your devices are connected on one network.

Come on in!

"Creating a welcoming space that's comfortable and flexible can help your child establish good homework habits that will last a lifetime."

Stephanie Lancaster
Tech advisor, Rogers

Technical support services, are available to help set up your Wi-Fi connection and ensure you've secured your network correctly.

• Be flexible with different work stations around the house. With connected tablets and laptops, kids can set up a homework space in any location of the house accessible to the Wi-Fi connection, making it easy to move from the kitchen to the home office.

• Complete your paperwork at the same time. Try to spend part of homework time sitting next to your child catching up on your own paperwork so that your child feels like he has a homework buddy working along side him or her.

NEWS CANADA

Get on the brand wagon

Things just got personal. Graduating students are advised to make a move and make their mark

Today's seasoned professionals recognize the challenges they face trying to stand out in a crowd of new grads.

There are ways to market yourself in a professional and effective manner. While there is no fool-proof algorithm to produce the perfect professional brand, being knowledgeable, credible, authentic and trust worthy puts you on the right track as these are all qualities of a solid, hirable professional.

Marc Quesnel, CGA, is the president of QMR Consulting and Professional Staffing, a firm in the financial and corporate management industry operating in Ottawa. With years of experience navigating the careers of financial and business professionals, Quesnel offers young professionals advice on how to create and maintain a strong professional brand that will ensure their future successes.

Be a lifelong learner

An undergraduate degree isn't necessarily the end of formal learning. For many, the next step is a professional designation. Quesnel attributes much of his success to his pursuit of a professional designation within his industry.

Learning should be a lifelong pursuit throughout your career — so start your learning plan now. What skill do you want to learn; what personality trait do you want to develop? Being conscious of opportunities for growth and development will help to keep you and your skills current. Those who subscribe to a life full of learning end up as successful CEOs, CFOs, COOs and entrepreneurs.

How can you stand in a class of your own? By being authentic, being yourself and creating a brand that reflects the real you. ISTOCK

I'll stand by you

Be consistent and trustworthy

- **Consistently reinforce your brand.** No one will believe, trust or hire someone who is inconsistent or seemingly untrustworthy.

Start networking

Peer-to-peer networking can open up many opportunities. A professional association is a great resource for making connections, as are industry associations and service clubs. Join organizations that reflect your goals and values.

Make sure your online presence reflects your brand

Don't cripple your professional brand with an unprofessional online presence.

Baby remember my name

"Your brand is ultimately your reputation. It's not just the image you present to the world; it's also how the world perceives you. Good or bad, your reputation will follow you throughout your career and be a key factor in determining your success."

Marc Quesnel
President of QMR Consulting and Professional Staffing

Employers use LinkedIn, Facebook and Google search, too. Post accomplishments that enhance the impression you want to leave and delete information that presents a brand that you have outgrown.

Volunteer for charitable causes

Develop your skills, broaden your perspective and advance your career while doing good.

"Your brand is ultimately your reputation," Quesnel advises. "It's not just the image you present to the world; it's also how the world perceives you. Good or bad, your reputation will follow you throughout your career and be a key factor in determining your success."

Every academic and accredited professional has worked hard for their degree and/or designation.

Learn how you can do more with your career and the diverse opportunities that are available to you.

NEWS CANADA

Mind your body and your business

All work, no walk, makes Jack a sick boy.

Don't forget to pencil wellness into your working day

Even if you eat well and exercise regularly, sitting at a desk for eight hours a day can negatively impact your health. According to Sherry Torkos, pharmacist and author of The Canadian Encyclopedia of Natural Medicine, there are a few simple ways you can stay healthy at your desk job.

Rest your eyes

Staring at a computer screen all day can cause regular users to experience vision problems.

Blinking frequently and giving your eyes the chance to regularly focus on something more distant can reduce eyestrain. Setting a timer to remind you to look away from the screen every 20 minutes will help relax your eyes and reduce fatigue.

If you can't seem to get your point across via email, take the opportunity to meet a client outside of the office. Not only will it improve communication, it will give you the boost to get off your behind. ISTOCK

Talk in person

Telephone calls, emails and other technological tools improve time management, but they can also contribute to an unhealthy office environment. Take opportunities to walk to a co-worker's office and talk face-to-face instead of sending an email or picking up the phone.

Having walking meetings can also be a useful way to boost energy and alertness. This allows employees to get up, stretch their legs and reduce the negative impact of sitting at a desk without effecting productivity.

Stand up for phone calls

If you do have to use the phone, stand up anytime you make or receive a call. This will give you the opportunity to stretch your legs several times a day and will become a habit helping you to lower the harmful effects of being inactive. Standing for phone calls will also generate energy in your body and your voice.

NEWS CANADA

Quench that thirst!

Hydration in an office setting is often overlooked.

- Your body requires a lot of water, even if you're sitting. Having a 1.5 L bottle of Nestle Pure Life will help you curb the afternoon slump and allow you to gauge how much water you've consumed throughout the day.

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Location: White Lecture Theatre
2055 Notre Dame Ave.
Date: July 25, 2013
Time: 7:00 pm - 8:30 pm
Location: 9 - 1500 Regent Ave. W
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Phil Mickelson reacts after making a birdie putt to finish the final round of the British Open with a 5-under 66 on Sunday in Gullane, Scotland. The lefty won the championship by three strokes. ANDY LYONS/GETTY IMAGES

Lefty laughs last

British Open.
Mickelson rallies late in final round to capture Claret Jug

Quoted

"I've always tried to go out and get it. I don't want anybody to hand it to me. I want to go out and get it. And today I did." Phil Mickelson

One of the greatest final rounds in a major. Two of the best shots he ever struck with a 3-wood. The third leg of the Grand Slam.

Phil Mickelson never imagined any of this happening at the British Open.

No wonder he never took his hand off the base of that silver Claret Jug as he talked about the best Sunday he ever had at a major. Five shots out of the lead, Mickelson blew past Tiger Woods, caught up to Lee Westwood and Masters champion Adam Scott, and won golf's oldest championship with the lowest final round in his 80 majors.

With four birdies over the last six holes, Mickelson closed with a 5-under 66 for a three-shot win over Henrik Stenson.

No longer is he mystified by links golf, and he has his name etched in that jug to prove it.

"This is such an accomplishment for me because I just never knew if I'd be able to develop the game to play links golf effectively," Mickelson said. "To play the best round arguably of my career, to putt better than I've ever putted, to shoot the round of my life ... it feels amazing to win the Claret Jug."

Westwood, who started the day with a two-shot lead, fell behind for the first time all day with a bogey on the par-3 13th hole and never recovered, closing with a 75.

Scott took the outright lead with a four-foot birdie on the 11th, and then made four straight bogeys starting at the 13th, and a final bogey on the 18th gave him a 72.

Woods, in his best position to win a major since the crisis in his personal life, stumbled badly on his way to a 74 and was never a serious challenger.

Tied for the lead, Mickelson smashed a 3-wood onto the green at the par-5 17th to about 25 feet for a two-putt birdie, and finished in style with a 10-foot birdie putt on the 18th to match the lowest score of this championship.

THE ASSOCIATED PRESS

Cycling

Froome caps dominating Tour

Chris Froome won the 100th Tour de France on Sunday, having dominated rivals over three weeks on the road and adroitly dealing with doping suspicions off it.

Froome rode into Paris in style — in the yellow race leader's jersey he took on Stage 8 and never relinquished, vigorously fending off rivals whose concerted challenges turned this Tour into a thriller. Froome and his Sky teammates linked arms as they rode for the line.

According to tradition and because Froome's big race lead made him untouchable, Sunday's 133-kilometre final ride was largely a leisurely affair with riders pedalling up to Froome to offer congratulations. THE ASSOCIATED PRESS

MLB

Blue Jays swept away by Rays

Luke Scott and Kelly Johnson hit back-to-back home runs on Sunday as the Tampa Bay Rays again used the long ball to complete a three-game sweep of the Toronto Blue Jays with a 4-3 victory.

Evan Longoria also went deep for the Rays (58-41), who hit seven home runs in the weekend series.

Toronto scored two in the ninth to cut Tampa Bay's lead to one when Jose Reyes doubled home Josh Thole and Brett Lawrie, but closer Fernando Rodney struck out Jose Bautista and got ground balls from Edwin Encarnacion and Melky Cabrera to pick up his 24th save. THE CANADIAN PRESS

Austin roughed up in return to Regina

Roughriders wide receiver Rob Bagg attempts to dodge a hit from Tiger-Cats defensive back Terrance Parks on Sunday at Mosaic Stadium. Bagg caught two touchdowns in Saskatchewan's 37-0 win. LIAM RICHARDS/THE CANADIAN PRESS

The Roughriders' defence forced three first-half turnovers and Rob Bagg caught two touchdowns as Saskatchewan spoiled Kent Austin's return to Regina with a 37-0 win over the Hamilton Tiger-Cats on Sunday.

Saskatchewan (4-0) remained the only unbeaten team in the CFL while Hamilton (1-3) dropped into a three-way tie for last in the East Division.

Sunday's game was Hamilton head coach Austin's first in Saskatchewan since coaching the Riders to the 2007 Grey Cup.

Week 4

Riders	Ticats
37	0

With a north wind gusting to more than 50 km/h throughout the game, Saskatchewan's defence — ranked No. 7 in total yards allowed before the game — came up with a steady stream of big plays early before Riders quarterback Darian Durant found his groove.

Geroy Simon made his Roughriders debut and kept his streak of consecutive games with a reception alive on a six-yard catch in the first quarter. He added a 32-yard grab in the third and now has catches in 174 straight games.

Durant completed 20 of 32 passes for 347 yards with four touchdowns and no interceptions. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
The more people you meet in the world at large this week the better your chances of success will be.

♉ Taurus
April 21 - May 21
Because there is a full moon at one of the more sensitive points of your chart you will be more emotional than usual.

♊ Gemini
May 22 - June 21
You may not agree with some of the opinions you hear over the next 24 hours but you need to remember that everyone is entitled to their say. If you make an effort to listen you may even learn something interesting.

♋ Cancer
June 22 - July 23
You are in one of your more impulsive moods and today's full moon will encourage you to spend, spend, spend.

♌ Leo
July 24 - Aug. 23
You would never let another person dictate to you what you can and cannot do with your life, so don't try to dictate to them. The message of the stars today is Live and Let Live. Then everyone will be happy.

♍ Virgo
Aug. 24 - Sept. 23
Don't allow yourself to be talked into doing something you don't feel like doing. You are happy to help others out, of course, but if you have any kind of doubts you must act on what your intuition tells you.

♎ Libra
Sept. 24 - Oct. 23
Handle affairs of the heart with care today because the full moon makes everyone a bit more sensitive than usual. If you say or do something a loved one thinks is needlessly harsh it could sour your relationship.

♏ Scorpio
Oct. 24 - Nov. 22
Someone is determined to make a drama out of a crisis and the more you try to persuade them there is nothing to worry about the more emotional they will get.

♐ Sagittarius
Nov. 23 - Dec. 21
Enjoy life by all means but don't overdo it. You could get quite excitable over the next 24 hours and who knows where that might lead!

♑ Capricorn
Dec. 22 - Jan. 20
You may be cautious by nature but you will nevertheless be tempted to spend big today – and chances are you will regret it. The safest place for your cash and your credit cards is in a locked wallet.

♒ Aquarius
Jan. 21 - Feb. 19
You may be tempted to say and do things for their shock value alone. It's fun, of course, but what of the costs?

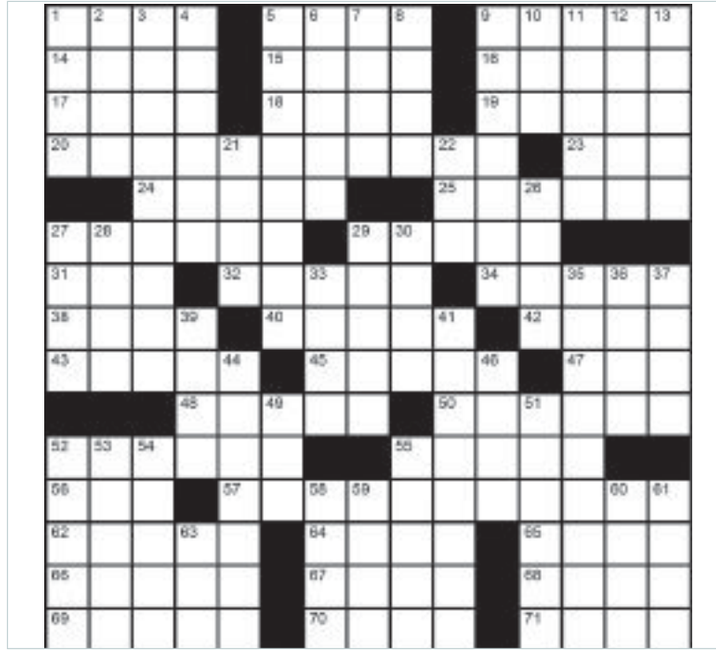
♓ Pisces
Feb. 20 - March 20
You know that something is going on but you can't work out what it is. Don't worry: ignorance is bliss. The less informed you are the more honestly you can claim that you are not to blame for the consequences.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



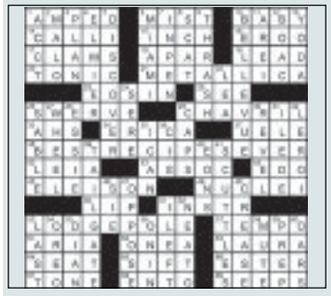
Across

1. Family members, for short
5. Men's cologne brand
9. Rideau __
14. Miss
15. Taken-back vehicle
16. Psychedelic psychologist Timothy
17. Roman love god
18. Capital of Samoa
19. "It's _ __!" (There's meaning)
20. 1986 Bangles hit: 2 wds.
23. Maria Trapp connector
24. Go with the flow
25. Pressure
27. Mr. De Niro
29. Lake __ (American resort)
31. Mr. Philips of stand-up
32. Cherished
34. Janet Jackson hit
38. Irish songstress
40. Google mobile device brand
42. Cookies company
43. Whitney Houston's "__ We Almost Have It All"
45. Illegally lift
47. PBS funding org.
48. Garbs for bagpipers
50. Heavy or sluggish
52. __ Beach, ON
55. Flavourless
56. Classic TV Cousin
57. Manitoba community originally an HBC trading post: 2 wds.
62. Haida __ (Archipelago off BC's coast)
64. "Downton Abbey" role
65. Barge __ __ (Intrude)
66. Undergarments brand
67. Elvis Presley link, variantly
68. Tidy
69. Stuff for Oscar's can
70. Actress, Sherilyn __
71. Cook's li'l quantities

Down

1. Wander
2. Ex-Spice Girl Ms. Bunton
3. Canada's 'First Lady of the Guitar': 2 wds.
4. Footstep
5. 'Flower City' in the Greater Toronto Area
6. Get the plant a new container
7. __ the air (Undecided): 2 wds.
8. It's an amphibian
9. Canadian Music Hall of Famer, David __-Thomas
10. Bronze Roman money
11. Gullible
12. T.O. players
13. Ms. Redgrave's
21. Poet Mr. Sandburg
22. Hair hue, __ blonde
26. Try for a role
27. Oliver of "Oliver!" (1968)
28. Dodge car of yore
29. Communicates via smartphone
30. _ __ (Together, in music)
33. Suit garment
35. SK's Athabasca __ __ Provincial Park
36. Oxygen-giver
37. Bring forth a lamb
39. "Diana" singer Paul
41. Salvation Army, colloquially: 2 wds.
44. Community on PEI's northwestern tip
46. Donnie Iris song: "Ah! __!"
49. Philosopher, __-tzu
51. Sprinkle with holy oil
52. English Channel sight, Isle of __
53. Battling: 2 wds.
54. Ms. Katic, Hamilton-born actress
55. Tycoon
58. Mil. fliers
59. Had on
60. Sudsy stuff
61. Tree-like Tolkien creatures
63. Y-ending word's plural suffix

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2			7					
1	3			6				
		6				1	5	
	5		9		7			1
7			2		3			4
4			5		6		3	
	8	2				3		
				2			6	9
					8			5

Friday's Sudoku

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 23° MIN: 17°	MAX: 24° MIN: 14°	MAX: 26° MIN: 18°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
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